

Buddy Gonna SHUT YOU DOWN

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Easy Beginner
编舞者: Val Saari (CAN) - March 2019
音乐: Shut Down - The Beach Boys



HEEL BOUNCES X 8 (RRRR,LLLL)

1-4 With feet apart, Bounce on RF heel four times/ Point right hand at 12:00, 1:00 2:00, 3:00 o'clock
5-8 Bounce on LF heel four times/ Point left hand at 12:00, 11:00, 10:00, 9:00 o'clock

HEEL FANS (RRLL)

1-4 Fan heels, RR
5-8 Fan heels, LL

***** (optional RESTART, wall 4)

TWIST ON THE SPOT X 2 WITH FINGER SNAPS (RLR, LRL)

1-4 Bend Knees, Twist Heels To R, Twist Heels To L, Twist Heels R, Snap fingers
5-8 Bend Knees, Twist Heels To L, Twist Heels R, Twist heels to L, Snap fingers

TOE STRUT V-STEP

1-4 Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down
5-8 Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

HEEL STRUTS MAKING 1/4 TURN TO LEFT ("ARC" PATTERN)

1-4 Step RF forward Heel-Toe, Step LF heel forward Heel-Toe
5-8 Step RF forward Heel-Toe, Step LF heel forward Heel-Toe

RUN BACK RLRL, HIP BUMPS X 4 (RLRL)

1-4 Run back RF, LF, RF, LF
5-8 Bump hips, Right, Left, Right, Left

***** There is One Optional Restart on Wall 4

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027